



## Information about the subject

**Degree:** Bachelor of Science Degree in Occupational Therapy

**Faculty:** Faculty of Psychology

**Code:** 1123004 **Name:** Functional rehabilitation in physical disability

**Credits:** 6,00 **ECTS Year:** 3 **Semester:** 1

**Module:** OCCUPATIONAL THERAPY, PERSONAL AUTONOMY AND INDEPENDENCE

**Subject Matter:** Areas of Intervention in Occupational Therapy **Type:** Compulsory

**Field of knowledge:** Health Sciences

**Department:** -

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

**Lecturer/-s:**

1123 Cesar Rubio Belmonte (**Responsible Lecturer**)

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## Module organization

### OCCUPATIONAL THERAPY, PERSONAL AUTONOMY AND INDEPENDENCE

| Subject Matter                                | ECTS  | Subject  | ECTS | Year/semester |
|---|-------|--|------|---------------|
| General Occupational Therapy                  | 18,00 | Activities of daily living                                   | 6,00 | 2/1           |
|   |       | History and Theory of Occupational Therapy                   | 6,00 | 1/1           |
|   |       | Occupational science and Occupational Therapy fundamentals   | 6,00 | 1/2           |
| Areas of Intervention in Occupational Therapy | 42,00 | Community Occupational Therapy                               | 6,00 | 3/1           |
|   |       | Functional rehabilitation in physical disability             | 6,00 | 3/1           |
|   |       | Occupational Therapy in early care and the educational field | 6,00 | 2/2           |
|   |       | Occupational Therapy in Geriatrics                           | 6,00 | 4/2           |
|   |       | Occupational Therapy in intellectual disability              | 6,00 | 2/2           |
|   |       | Occupational Therapy in Mental Health                        | 6,00 | 3/2           |
|   |       | Occupational Therapy in physical and sensory disabilities    | 6,00 | 3/2           |



## Recommended knowledge

There are no prerequisites. It is advisable to have studied and passed: -Structure and Function of the human body 1 and 2 -Kinesiology -Medical-surgical conditions 1 and 2

## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 To appropriately select assessment instruments and measures to determine the level of occupational performance of the user, as well as to identify personal and contextual variables that hinder or favour occupational performance.
- R2 To know how to determine the impact of different pathologies on occupational performance and be able to plan an Occupational Therapy intervention focused on the user's occupational needs and considering their natural environments.
- R3 To be able to recognize the therapeutic potential of activities/occupations for improving occupational performance, as well as to know how to adapt and graduate these activities/occupations to support occupational performance.
- R4 To be able to adequately integrate the various treatment modalities into the Occupational Therapy intervention process to support occupational performance, preferably those that accumulate the most scientific and clinical evidence in each intervention setting.



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

| GENERAL   | Weighting |   |   |   |
|---|-----------|---|---|---|
|   | 1         | 2 | 3 | 4 |
| CG10 To evaluate and adapt the environment to promote participation in meaningful occupations -in the different facets of every day life-, personal autonomy and the quality of life  |           | X |   |   |
| CG11 To understand and develop, with the relevant information, the historical application of Occupational Therapy   |           |   | X |   |
| CG12 To develop an evaluation of occupational functioning that is adequate for the needs of individuals and populations.  |           |   | X |   |
| CG13 To determine occupational dysfunctions and needs, to define the planning and to establish Occupational Therapy interventions, using the therapeutic potential of meaningful occupation through the use of activities, with the consent and the participation of individuals and populations.   |           |   |   | X |
| CG14 To know, select and apply the appropriate theories, the theoretical frameworks for reference, the models and methods of Occupational Therapy practice to choose or re-establish meaningful occupation, according to the health needs of individuals/populations (promotion of health, prevention and treatment).                               |           |   |   | X |
| SPECIFIC  | Weighting |   |   |   |
|   | 1         | 2 | 3 | 4 |
| CE33 To promote health and prevent disability, acquire or recover the occupational activity needed in each part of the life cycle in order to achieve independence and autonomy in the areas of occupational activity of those persons who are at risk, those with organ deficiency, activity limitation and participation and/or social exclusion. |           |   | X |   |



|      |   |  |  |   |   |
|------|---|--|--|---|---|
| CE34 | To carry out an adequate treatment, respecting the different phases and basic principles through therapeutic occupations and based on related knowledge such as the science of occupation, in the different areas of occupational activity, analysing the activity components and the different existing environments and contexts. |  |  |   | X |
| CE37 | To know, understand and apply the fundamentals of personal autonomy in everyday life activities with and without adaptations and/or technical help in the life cycle.   |  |  | X |   |
| CE40 | To apply significant activity, ergonomic study, new technologies and assisted technology in Occupational Therapy in the cycle of life.  |  |  | X |   |
| CE48 | To use ethical and professional reasoning in an efficient way through the process of Occupational Therapy.  |  |  | X |   |
| CE49 | To use the therapeutic potential of occupation through the analysis and synthesis of occupation and activity.   |  |  | X |   |



## Assessment system for the acquisition of competencies and grading system

| Assessed learning outcomes | Granted percentage | Assessment method   |
|----------------------------|--------------------|---|
| R1, R2, R3, R4             | 50,00%             | Written tests: Summative and final theoretical-practical test (open questions, objective test questions, truncated test, etc.) Preparation of field work memoranda, practical case solutions, single cases. |
| R1, R2, R3, R4             | 30,00%             | Presentation of group and individual works.   |
| R1, R2, R3, R4             | 20,00%             | Individual monitoring of attendance at face-to-face sessions and active participation in theoretical and practical classes, seminars and tutorials.   |

### Observations

Note: In order to add up the percentages, it is essential to pass each and every one of the evaluation instruments. Failure to comply with the rules and deadlines established for the performance of academic activities will invalidate the grade. The official exam dates will be set by the Faculty Dean's Team according to the periods established in the academic calendar. For MODIFICATIONS OF DATES OF EXAMS consult the reasons that justify such modifications and the procedure in article 12 of the Examination Regulations.

<https://www.ucv.es/Portals/0/documentos/normativa/20170526144309926.pdf> All submissions of individual and group assignments will be through the VIRTUAL CAMPUS of the UCV in the terms and forms established by the teacher of the course. Under no circumstances will late submissions be accepted. Tasks pending delivery will be submitted and assessed on the official date of the second call. A minimum of 75% of the attendance is required for the course grade to be computed. The attendance will be controlled through the VIRTUAL CAMPUS, only, at the beginning of each lesson. Absences must be justified by means of an official document scanned and sent through the VIRTUAL CAMPUS to the course teacher. Criteria to grant the honorific mention: -The honorific mention will be granted to the student who obtains a grade higher than 9 in the first call. -Attendance to classroom sessions, active participation and involvement in the theoretical and practical classes, as well as in the rest of the training activities by the student, candidate to receive the mention of honor, must reach the levels of excellence. -The honorific mention will be granted to students who have obtained a grade equal to or higher than 9.0. The number of mentions will not exceed 5% of enrolled students in a module in the academic year unless the number of enrolled students is below 20, in which case only one mention can be granted (Royal Decree 1125/2003).



## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 ON-CAMPUS CLASS
- M2 PRACTICAL CLASSES
- M3 SEMINAR
- M4 GROUP PRESENTATION OF PAPERS
- M5 OFFICE ASSISTANCE
- M6 ASSESSMENT
- M7 GROUP WORK
- M8 INDEPENDENT WORK



## IN-CLASS LEARNING ACTIVITIES

|   | LEARNING OUTCOMES | HOURS        | ECTS        |
|---|-------------------|--------------|-------------|
| ON-CAMPUS CLASS: Teacher presentation of contents, analysis of competences, explanation and in-class display of skills, abilities and knowledge.<br>M1  | R1, R2, R3, R4    | 29,00        | 1,16        |
| PRACTICAL CLASSES: Group work sessions supervised by the professor. Case studies, diagnostic tests, problems, field work, computer room, visits, data search, libraries, on-line, Internet, etc. Meaningful construction of knowledge through interaction and student activity.<br>M2 | R1, R2, R3, R4    | 10,00        | 0,40        |
| SEMINAR: Supervised monographic sessions with shared participation<br>M3  | R1, R3            | 7,50         | 0,30        |
| GROUP PRESENTATION OF PAPERS: Application of multidisciplinary knowledge<br>M4  | R1, R3            | 7,50         | 0,30        |
| OFFICE ASSISTANCE: Personalized and small group attention. Period of instruction and /or orientation carried out by a tutor to review and discuss materials and topics presented in classes, seminars, readings, papers, etc.<br>M5   | R1, R2, R3, R4    | 3,00         | 0,12        |
| ASSESSMENT: Set of oral and/or written tests used in initial, formative or additive assessment of the student<br>M6   | R1, R2, R3, R4    | 3,00         | 0,12        |
| <b>TOTAL</b>  |                   | <b>60,00</b> | <b>2,40</b> |





## LEARNING ACTIVITIES OF AUTONOMOUS WORK

|  | LEARNING OUTCOMES | HOURS        | ECTS        |
|--|-------------------|--------------|-------------|
| GROUP WORK: Group preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform ( <a href="http://www.plataforma.ucv.es">www.plataforma.ucv.es</a> )<br>M7                                 | R1, R2, R3, R4    | 40,00        | 1,60        |
| INDEPENDENT WORK: Student study: Group Individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform ( <a href="http://www.plataforma.ucv.es">www.plataforma.ucv.es</a> )<br>M8 | R1, R2, R3, R4    | 50,00        | 2,00        |
| <b>TOTAL</b>   |                   | <b>90,00</b> | <b>3,60</b> |



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

| Content block   | Contents   |
|---|--|
| UNIT 1: OCCUPATIONAL THERAPY IN CARDIAC AND RESPIRATORY PATHOLOGY | <ol style="list-style-type: none"><li>1. General intervention in cardiorespiratory Pathology</li><li>2. COPD</li><li>3. Heart disease</li><li>4. Inmovilism Syndrome</li><li>5. Oncology and paliative care</li></ol>  |
| UNIT 2: OCCUPATIONAL THERAPY IN LOCOMOTOR PATHOLOGY               | <ol style="list-style-type: none"><li>6. General evaluation in locomotor pathology</li><li>7. General intervention in locomotor pathology</li><li>8. Injuries of the hand and the upper limb</li><li>9. Muscle-tendon injuries</li><li>10. Peripheral nerve injury</li><li>11. Arthritis and osteoarthritis</li><li>12. Amputations and replantation</li><li>13. Burns and scars</li></ol> |
| UNIT 3: OCCUPATIONAL THERAPY IN OTHER DISEASES OF INTEREST        | <ol style="list-style-type: none"><li>14. Fibromyalgia</li><li>15. Low back pain</li></ol>   |



## Temporary organization of learning:

| Block of content  | Number of sessions | Hours |
|---|--------------------|-------|
| UNIT 1: OCCUPATIONAL THERAPY IN CARDIAC AND RESPIRATORY PATHOLOGY | 8,00               | 16,00 |
| UNIT 2: OCCUPATIONAL THERAPY IN LOCOMOTOR PATHOLOGY               | 18,00              | 36,00 |
| UNIT 3: OCCUPATIONAL THERAPY IN OTHER DISEASES OF INTEREST        | 4,00               | 8,00  |



## References

The materials for the preparation of the written test will be provided by the professor through the virtual UCV Campus.

### Basic bibliography

- Cantero, R. (2020). Terapia de mano basada en el razonamiento y la práctica clínica. Universidad Internacional de Andalucía.
- Polonio B. (2016). Terapia Ocupacional en disfunciones físicas: teoría y práctica. Médica Panamericana.

### Further reading

- AOTA (2017). Occupational Therapy Practice Guidelines for Adults With Arthritis and Other Rheumatic Conditions. American Occupational Therapy Association, AOTA.
- AOTA (2017). Occupational Therapy Practice Guidelines for Adults With Musculoskeletal Conditions. American Occupational Therapy Association, AOTA.
- AOTA (2017). Occupational Therapy Practice Guidelines for Cancer Rehabilitation With Adults. American Occupational Therapy Association, AOTA.
- Cooper, J. (2006). Occupational Therapy in oncology and palliative care. Whurr Publishers.
- Cooper, C. (2007). Fundamentals of Hand Therapy. Clinical Reasoning and Treatment Guidelines for Common Diagnoses of the Upper Extremity. Mosby Elsevier.
- Cromwell, F.S. & Bear-Lehman J. (2007). Hand rehabilitation in occupational therapy. Routledge.
- De Herder, E. (2015). Evidenced Based Hand and Upper Extremity Protocols: a practical guide for therapists and Physicians.
- Duncan, S. & Flowers, C. (2015). Therapy of the hand an upper extremity: rehabilitation protocols. Springer.
- Hopkins, & Smith, H. (2001). Terapia Ocupacional. Médica Panamericana.
- McHugh, H. & Schultz-Krohn, W. (2013). Occupational Therapy practice skills for physical dysfunction. Elsevier.
- Montagut F., Flotats G. & Lucas E. (2015). Rehabilitación domiciliaria: principios, indicaciones y programas terapéuticos. Editorial Masson.
- Radomnsky, M. & Trombly, C. (2008). Occupational Therapy for Physical Dysfunction. Lippincott Williams & Wilkins.
- Shirven, Osterman, Fedorczyk & Amadio (2001). Rehabilitation of the hand and upper extremity. Elsevier Mosby. Vol I y II.
- Turner, A., Foster, M. & Jonhson, S. (2010). Occupational Therapy and Physical Dysfunction. Enabling occupation. Churchill Livingstone.
- VV.AA. (2013). Mosby's field guide to Occupational Therapy for physical dysfunction. Elsevier Mosby.



## Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

**Situation 1: Teaching without limited capacity** (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

**Situation 2: Teaching with limited capacity** (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

### 1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☒ Microsoft Teams

☒ Kaltura



## **Situation 3: Confinement due to a new State of Alarm.**

In this case, the following changes are made:

### **1. Educational Activities of Onsite Work:**

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☒ Microsoft Teams

☒ Kaltura

Explanation about the practical sessions:



## 2. System for Assessing the Acquisition of the competences and Assessment System

### ONSITE WORK

#### Regarding the Assessment Tools:

☒ The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐ The following changes will be made to adapt the subject's assessment to the online teaching.

| Course guide    |                      | Adaptation                           |                     |
|-----------------|----------------------|--------------------------------------|---------------------|
| Assessment tool | Allocated percentage | Description of the suggested changes | Platform to be used |

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

#### Comments to the Assessment System: